



“I have my eyes  
checked by an  
eye doctor every  
year. Last time I  
found out I needed  
new glasses.”

What YOU Can Do To Prevent Falls:

# Have your vision checked

Three other things **YOU** can do to prevent falls:

- 1 Begin a regular exercise program
- 2 Have your health care provider review your medicines
- 3 Make your home safer

  
CDC FOUNDATION  
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Department of Health and Human Services  
Centers for Disease Control and Prevention







**What YOU Can Do To Prevent Falls:**

# Begin a regular exercise program

Three other things **YOU** can do to prevent falls:

- ① Have your vision checked
- ② Have your health care provider review your medicines
- ③ Make your home safer

**“Exercise makes me stronger and helps me feel better.”**

  
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Photo courtesy of Jake Pauls

What YOU Can Do To Prevent Falls:

# Make your home safer

Three other things **YOU** can do to prevent falls:

- 1 Begin a regular exercise program
- 2 Have your health care provider review your medicines
- 3 Have your vision checked

“I’m glad I had handrails put on both sides of my stairs.”



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“My doctor and I talked about my medicines. One kind made me dizzy so he prescribed something else.”

What YOU Can Do To Prevent Falls:

# Have your health care provider review your medicines

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